Competence in the following skills will make your transition to college easier.

**Important skills for personal independence:**

- [ ] Tell family caregiver how to assist you in:
  - [ ] Dressing
  - [ ] Toileting
  - [ ] Bathing
  - [ ] Transferring
  - [ ] Reposition in Bed

- [ ] Tell non-family caregiver(s) how to assist you in:
  - [ ] Dressing
  - [ ] Toileting
  - [ ] Bathing
  - [ ] Transferring
  - [ ] Reposition in Bed

- [ ] Tell how you need assistance:
  - **Class:**
    - [ ] Note Taking
    - [ ] Handing in assignments
    - [ ] Accessing textbook
    - [ ] Opening/closing doors
  - **Lunch:**
    - [ ] Getting tray
    - [ ] Getting food on tray
    - [ ] Getting drink
    - [ ] Eating
    - [ ] Cutting food

- [ ] Finding specific places at:
  - **School:**
    - [ ] Locker
    - [ ] Each classroom
    - [ ] Cafeteria
    - [ ] Emergency exits
    - [ ] Nurse’s Office
    - [ ] Main Office
    - [ ] Restroom
  - **Mall:**
    - [ ] Favorite store
    - [ ] Public restroom
    - [ ] Food court
    - [ ] Parking lot

- [ ] Use wheelchair safely on your own:
  - **Inside:**
    - [ ] Crowded areas
    - [ ] Non-crowded areas
  - **Outside:**
    - [ ] Crowded areas
    - [ ] Non-crowded areas
  - **Vehicles:**
    - [ ] Get on lift alone
    - [ ] Get off lift alone
  - **Sidewalks:**
    - [ ] Crowded
    - [ ] Non-crowded
    - [ ] Use curb cuts

- [ ] Use cell phone on your own:
  - [ ] Dialing
  - [ ] Texting
  - [ ] Talking

- [ ] Use computer or other technology device on your own:
  - [ ] Sending/receiving emails
  - [ ] Surfing the Internet
  - [ ] Completing class assignments

- [ ] Order meal at a restaurant on your own
**Be intentional about the following:**

- Pay attention to tone of voice when speaking with friends, parents, 1:1 aide.
- Pay attention to where you are going. Do not rely on following others.
- If you get lost easily, try using a GPS or other navigation app on your phone.
- Use your cell phone to keep track of time. Your goal is to be either a little early or on time.
- Make sure to use good manners eating with friends or in social places (e.g., eat with mouth closed, wipe face, etc.).
- Attend a residential summer camp.

**Important skills for personal empowerment:**

- Direct how you need assistance at school and home.
- If possible have a fellow student help instead of having a 1:1 aide.
- Use your cell phone, iPad, computer to research college campuses, don’t have your parents do it for you.
- Set up your own appointments (medical, college visits, etc.).
- Keep track of your own assignments, daily activities, and appointments.
- Know how to use debit/credit cards and safety concerns revolving around their use.

**Important issues to consider:**

- Talk to Dept. of Human Services (DHS) about an Assistive Technology assessment if you cannot independently use a cell phone, computer or complete school assignments.
- Ask College’s disability services department about school’s assistive technology options.
- State Department of Human Services:
  - Open case with Home services.
  - Open case with Vocational Rehabilitation Services.
- Actively participate in at least one club or program outside of school.
- Decrease stress by listening to music, spending time alone, going for a walk, etc.
- Volunteer, get a job, or participate in an internship.